www.ActiveForever.com | Sales@ActiveForever.com
p: 1-800-377-8033 | f: 602-296-0297

ELLIPTICAL GUIDE
GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE
GUÍA DEL USUARIO DE LA MÁQUINA ELÍPTICA

Read this ELLIPTICAL GUIDE before using the OWNER'S MANUAL.

Lire le présent GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE avant d'utiliser le MANUEL DU PROPRIÉTAIRE.

Lea esta GUÍA DEL USUARIO DE LA MÁQUINA ELÍPTICA antes de usar el MANUAL DEL PROPIETARIO.

3 ENGLISH
18 FRANÇAIS
34 ESPAÑOL

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read this ELLIPTICAL GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

⚠ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Do not wear clothes that might catch on any part of the elliptical.
- Always wear athletic shoes while using this equipment.
- Do not jump on the elliptical.
- At no time should more than one person be on the elliptical while in operation.
- This elliptical should not be used by persons weighing more than the specified user capacity in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- Keep power cord away from heated surfaces. Do not carry this unit by it's supply cord or use the cord as a handle.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the elliptical guide and owner's manual.

At NO time should pets or children under the age of 13 be closer to the elliptical than 10 feet.
At NO time should children under the age of 13 use the elliptical.
Children over the age of 13 or disabled persons should not use the elliptical without adult supervision.

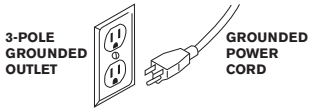
It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

GROUNDING INSTRUCTIONS

If your elliptical has power incline with a 3-prong plug, you must follow these grounding instructions. If an elliptical should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-volt circuit and has a grounding plug that looks like the illustration.



⚠ WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

BASIC OPERATION

CONGRATULATIONS ON CHOOSING YOUR ELLIPTICAL!

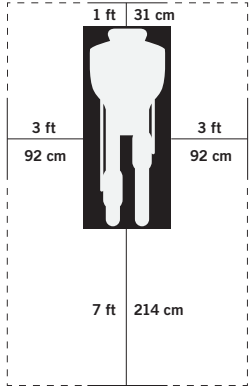
You've taken an important step in developing and sustaining an exercise program! Your elliptical is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical can improve the quality of your life in so many ways.

Here are just a few of the health benefits of exercise:
- Weight loss
- A healthier heart
- Improved muscle tone
- Increased daily energy levels

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE ELLIPTICAL

Place the elliptical on a level surface. There should be 7 feet of clearance behind the elliptical, 3 feet on each side and one foot in front for the power cord. Do not place the elliptical in any area that will block any vent or air openings. The elliptical should not be located in a garage, covered patio, near water or outdoors.



POWER

Your elliptical is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Some ellipticals have a power switch, located next to the power jack. Make sure it is in the ON position. NOTE: Some ellipticals have an ON/OFF switch located behind the console.

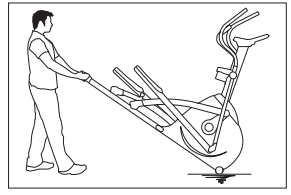
⚠ WARNING

Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

FOOT POSITIONING

Your elliptical offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run. Always make sure your entire foot is secured on the foot pad.

Your elliptical also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.



MOVING THE ELLIPTICAL

Your elliptical has a pair of transport wheels built into the front stabilizer tube. To move, first remove the power supply and firmly grasp the steel portion of the rear stabilizer bar, carefully tilt and roll. NOTE: be sure to grab the steel bar and not the plastic cover.

⚠ WARNING

Our ellipticals are heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

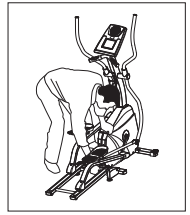
LEVELING THE ELLIPTICAL

Your elliptical should be level for optimum use. Once you have placed your elliptical where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the elliptical frame*. A carpenter's level is recommended. Once you have leveled your elliptical, lock the levelers in place by tightening the nuts against the frame. *NOTE: Some ellipticals do not have levelers.

POWER INCLINE OPERATION

Some elliptical models offer powered incline to add variety to your workouts. The incline can be adjusted using the buttons on the console.

If the stop button is pressed to pause the program, the incline motor will remain at its current height. To return the incline to 0%, press START/GO and change the incline to 0% before dismounting. If the STOP button is held for 3 seconds to reset the console, the incline will also return to 0%.



MANUAL INCLINE OPERATION

Some elliptical models have an adjustable incline feature to add variety to your workouts. To adjust the incline up or down, stand on the side of the elliptical and place your hand firmly on the top of the shroud (as shown). With your other hand, carefully lift up on the adjustment bar, lifting and guiding it up and in. NOTE: Some models may have a pin that would need to be pressed to move the ramp.

WORKOUT OPTIONS

LOWER BODY WORKOUT

To focus on a lower body workout, hold the stationary handlebars only. This will target your lower body muscles.

FULL BODY WORKOUT

For a full body workout, push and pull continuously on the dual action arms while pedaling.

MOUNTING THE ELLIPTICAL

1. Stand on the side of the elliptical next to the lowest foot pedal.
2. While holding both of the stationary handlebars, place your foot on the lowest foot pedal and pull yourself up onto the elliptical.
3. Wait until the elliptical finds its resting place and then place your other foot on the opposite pedal.

USING THE HEART RATE FUNCTION

Your elliptical could be equipped with either heart rate pulse grips or a thumb pulse sensor. To find out what your model has, refer to the beginning of the ASSEMBLY section of your OWNER'S MANUAL.

The heart rate function on this product is not a medical device. While heart rate grips or a thumb pulse sensor can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

THUMB PULSE

Place and hold your thumb LIGHTLY over the thumb sensor. The sensor may not work properly if you press too hard. The sensor window should be completely covered by your finger. Wait for a few seconds, and your heart rate will show in the heart rate window. The thumb sensor can also read a pulse from your index finger.

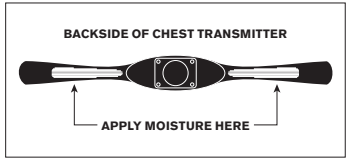
⚠ CAUTION

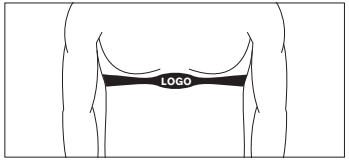
Do not press excessively hard on the sensor as this may cause damage.

WIRELESS HEART RATE RECEIVER

Some ellipticals also include a built-in wireless heart rate receiver. When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the elliptical and displayed on the console. Your elliptical may or may not include a wireless chest transmitter (see the beginning of the ASSEMBLY section of your OWNER'S MANUAL).

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.





TROUBLESHOOTING & MAINTENANCE

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY ELLIPTICAL MAKES NORMAL?

Our ellipticals are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our ellipticals. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE ELLIPTICAL I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?

Your elliptical has a pair of transport wheels built into the front stabilizer tube. Please follow the MOVING THE ELLIPTICAL section to transport your elliptical. It is important that you place your elliptical in a comfortable and inviting room. Your elliptical is designed to use minimal floor space. Many people will place their ellipticals facing the TV or a picture window. If at all possible, avoid putting your elliptical in a unfinished basement. To make exercise a desirable daily activity for you, the elliptical should be in a comfortable setting.

CAN I PEDAL BACKWARDS ON MY ELLIPTICAL?

Your elliptical allows you to pedal both forward and backwards to exercise and strengthen a wider range of muscles.

BASIC TROUBLESHOOTING

PROBLEM: The console does not light up.

SOLUTION: Verify the following:

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct power cord is being used. Only use the power cord included or provided by Customer Tech Support.
- The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If your console uses batteries, they may need to be replaced.

PROBLEM: The console lights up but the Time/RPM's do not count.

SOLUTION: Verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

PROBLEM: The resistance levels seem to be incorrect, seeming too hard or too easy.

SOLUTION: Verify the following:

- The correct power cord is being used. Only use the power cord provided or authorized by Customer Tech Support.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: The roller wheels appear to be leaving particles on the guide rails.

SOLUTION: This is considered normal wear of the elliptical wheels. To remove, simply wipe off the roller wheels and guide rails with a damp cloth.

PROBLEM: The elliptical makes a squeaking or chirping noise.

SOLUTION: Verify the following:

- The elliptical is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.
- Apply a lithium-based grease to the top surface of the guiderails.

TROUBLESHOOTING HEART RATE
(GRIP-PULSE ONLY)

Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palm is especially thick.

TROUBLESHOOTING

FOR ELLIPTICALS WITH SPEAKERS AND/OR IPOD DOCKING STATIONS:

PROBLEM: When MP3 player is connected there is no sound coming from the speakers or the speakers sound fuzzy.

SOLUTION: Make sure audio cable is plugged in securely to both the console and MP3 Player jacks.

PROBLEM: iPod is not charging from the docking station and/or does not respond to console controls.

SOLUTION: Verify the following:

- Make sure you are using the proper size iPod insert.
- Make sure the iPod dock connector is securely plugged into the connector pin on the elliptical.

If this troubleshooting section does not remedy the problem, discontinue use and turn the power off.

PLEASE CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL OF THE OWNER'S MANUAL.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for Customer Tech Support to service your elliptical they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been lubricated and maintained per the MAINTENANCE schedule?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your elliptical running again!

MAINTENANCE

HOW DO I CLEAN MY ELLIPTICAL?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your elliptical and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

- Turn off the elliptical by unplugging the power cord from the wall outlet.
- Wipe down the elliptical with a damp cloth. Never use solvents, as they can cause damage to the elliptical.
- Inspect the power cord. If the power cord is damaged, contact Customer Tech Support.
- Make sure the power cord is not underneath the elliptical or in any other area where it can become pinched or cut.

⚠ WARNING

To remove power from the elliptical, the power cord must be disconnected from the wall outlet.

EVERY WEEK

Clean underneath the elliptical, following these steps:

- Turn off the elliptical.
- Move the elliptical to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.
- Return the elliptical to its previous position.

EVERY MONTH

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the pedal arm wheels and guide rails.

DO NOT RETURN TO THE RETAILER if you have any problems during assembly or if parts are missing.

NOTE: Please read the TROUBLESHOOTING in the before contacting Customer Tech Support.

En cas de difficulté lors de l'assemblage ou si des pièces manquent, **NE PAS RENVOYER L'APPAREIL AU DÉTAILLANT.**

REMARQUE : Lire la section DÉPANNAGE avant d'appeler le service de soutien technique à la clientèle.

Si tiene problemas durante el ensamblaje o si le faltan piezas **NO DEVUELVA EL EQUIPO AL VENDEDOR.**

NOTA: Lea la sección de RESOLUCIÓN DE PROBLEMAS antes de ponerse en contacto con el servicio de asistencia técnica a clientes.

CUSTOMER TECH SUPPORT contact information is located on the back panel of the OWNER'S MANUAL.

Pour communiquer avec le SERVICE DE SOUTIEN TECHNIQUE à la clientèle, voir au verso du MANUEL DU PROPRIÉTAIRE.

La información de contacto del SERVICIO DE ASISTENCIA TÉCNICA A CLIENTES está en la contraportada del MANUAL DEL USUARIO.

May be covered by one or more Patents or Patents Pending	Ce produit peut être couvert par un ou plusieurs brevets ou par des brevets imminents	Este producto podría contar con la protección de una o más patentes o de patentes pendientes	
US 5540637	US 5924962	US 6149551	TW 364373
US 5573480	US 5938567	US 7316633	TW 371899
US 5813949	US 6135927	CN 99808486.7	